

Chapter 03: Learning Methods and Skills: How Do You Learn?

Test Bank

MULTIPLE CHOICE

1. Which statement about learning style preference is true?
 - a. All students have the same learning style.
 - b. Most students are kinesthetic/tactual learners.
 - c. Auditory learning is the best method.
 - d. Various learning styles are equally good.

ANS: D

People learn primarily in three different ways: through vision, hearing, or touch. Everyone learns differently. One learning style preference is not better than another. Research does not support that one learning style is superior. The majority of individuals in Western countries prefer the visual learning style. The next most natural is the auditory style, and the smallest percentage learn through movement (kinesthetic) and tactile (touch) styles.

DIF: Cognitive Level: Knowledge

REF: p. 23

OBJ: 3

TOP: Learning preferences

KEY: Nursing Process Step: N/A

MSC: NCLEX: N/A

2. A patient tells the nurse, "I always think of myself as having a well-developed right brain." Learning should be facilitated for this individual by utilizing
 - a. verbal input.
 - b. visual input.
 - c. positive emotional displays.
 - d. small segments of information.

ANS: B

The right cerebral hemisphere "thinks" in images. Verbal input indicates that the left hemisphere is more verbal in orientation. Use of positive emotional displays indicates that the left cerebral hemisphere is more active during positive emotion. Utilizing small segments of information indicates that the left brain breaks new information into small segments for mastery. The right brain is concerned with the "big picture."

DIF: Cognitive Level: Application

REF: p. 23

OBJ: 1

TOP: Right and left hemispheres of the cerebrum

KEY: Nursing Process Step: Implementation

MSC: NCLEX: N/A

3. A patient states, "My roommate accuses me of daydreaming when I study, but I'm really imagining the things I'm trying to learn." The nurse understands that this best describes a way of learning common among individuals who are identified as
 - a. spatial learners.
 - b. linguistic learners.
 - c. logical/mathematical learners.
 - d. bodily/kinesthetic learners.

ANS: A

Spatial learners learn best by visualizing, imagining, and using other visual cues. Linguistic learners learn best by hearing and saying words. Logical learners profit from categorizing, classifying, and working with abstract patterns and concepts. Bodily/kinesthetic learners learn best while moving, touching, and experiencing sensations.

DIF: Cognitive Level: Application REF: p. 24 OBJ: 4
TOP: Learning preferences
KEY: Nursing Process Step: Assessment (Data Collection) MSC: NCLEX: N/A

4. Why is it desirable for the nursing student to engage in learning activities that use both sides of the brain?
- Atrophy of one side is avoided.
 - Paralysis of one side is avoided.
 - Less study time is needed if both sides are used.
 - The student's full learning potential is increased.

ANS: D

The two cerebral hemispheres are designed to work together, each having particular functions that complement the functions of the opposite side. By using both hemispheres maximally, learning potential is increased.

DIF: Cognitive Level: Comprehension REF: p. 23 OBJ: 6
TOP: Right and left hemispheres of the brain KEY: Nursing Process Step: N/A
MSC: NCLEX: N/A

5. A nursing student who applies the concept that neural pathways become increasingly efficient when a learning exercise is repeated will
- study at the same time each day.
 - review notes several times.
 - use relaxation techniques to reduce anxiety.
 - engage in physical activity while studying.

ANS: B

The process of myelination of neurons accounts for neural pathways becoming more efficient when a learning exercise, such as reviewing notes, is repeated several times. Studying at the same time each day and reviewing notes several times do not directly relate to the efficiency of neural pathways. Engaging in physical activity while studying has more to do with avoiding the fight-or-flight response that interferes with learning.

DIF: Cognitive Level: Application REF: p. 27 OBJ: 7
TOP: How we learn KEY: Nursing Process Step: Implementation
MSC: NCLEX: N/A

6. A patient who is learning diabetic self-care states, "I have to develop the ability to see the 'big picture' instead of getting hung up with the little things in my care plan." The nurse who understands brain function would see this as related to
- adult attention deficit disorder.
 - fight-or-flight reaction.
 - left brain dominance.
 - a larger than usual corpus callosum.

ANS: C

The left brain processes sequentially rather than seeing the “big picture.” The patient’s statement does not relate to adult attention deficit disorder. Fight-or-flight reactions would produce symptoms of anxiety. The corpus callosum is not implicated in the patient’s statement.

DIF: Cognitive Level: Comprehension REF: p. 23 OBJ: 1
TOP: Right and left cerebral hemisphere influences
KEY: Nursing Process Step: Assessment (Data Collection)
MSC: NCLEX: Physiological Integrity

7. Student A tells Student B, “You could get good grades if you’d study the way I do. Write down everything that you hear in class and then recopy your notes and underline the important points.” What is the likelihood that Student B will be successful?
- There is about a 33.3% chance the advice will result in success.
 - There is a 100% chance the advice will ensure success.
 - There is a 100% chance the advice will result in failure.
 - There is about a 50% chance the advice will result in success.

ANS: A

There are three major learning style preferences. There is a 33.3% chance that Student B is a visual learner. There would be a 100% chance the advice would ensure success only if Student B has a preference for visual learning. The odds for failure are 66.6%. The odds that there is a 50% chance the advice will result in success are less than 2:1.

DIF: Cognitive Level: Analysis REF: p. 23 OBJ: 3
TOP: Major Learning style preferences KEY: Nursing Process Step: Evaluation
MSC: NCLEX: N/A

8. Which individual would be classified as a kinesthetic/tactual learner?
- Patient A, who learns best by observing
 - Patient B, who learns best by listening
 - Patient C, who learns best by doing
 - Patient D, who learns equally well by observing and listening

ANS: C

Tactual learners think in terms of touch. They learn best by doing, experiencing, and experimenting. The individual who learns best by observing would be classified as a visual learner/observer. The individual who learns best by listening would be classified as an auditory learner/listener. The individual who learns equally well by observing and listening has a blended learning style.

DIF: Cognitive Level: Application REF: p. 25 OBJ: 3
TOP: Major Learning style preferences
KEY: Nursing Process Step: Assessment (Data Collection) MSC: NCLEX: N/A

9. The nurse could maximize patient teaching for an individual with an identified auditory learning style preference by
- providing an audiotape of important information that the patient could replay.
 - allowing the patient to handle equipment before practicing a self-care technique.
 - playing a videotape to demonstrate a self-care technique to the patient.
 - drawing diagrams of important concepts the patient needs to learn.

ANS: A

Auditory learners learn best by hearing; therefore, a replayable audiotape would maximize learning. Allowing the handling of equipment describes a technique useful to a tactual learner. Playing a videotape describes a technique useful to a visual learner. Drawing diagrams of important concepts describes a technique useful to a visual learner.

DIF: Cognitive Level: Application REF: p. 25 OBJ: 3
TOP: Major Learning style preferences KEY: Nursing Process Step: Planning
MSC: NCLEX: Health Promotion and Maintenance

10. A student states, "I have identified my personal learning style preference as visual." From this statement, it can be understood that the identified style preference
- is the only way the individual can learn.
 - represents the way the student learns best.
 - has been derived primarily from biologic attributes.
 - suggests the need to develop additional learning strategies.

ANS: B

A learning style preference reflects the sensory system used most comfortably by the learner to receive information.

DIF: Cognitive Level: Comprehension REF: p. 23 OBJ: 5
TOP: Major Learning style preferences KEY: Nursing Process Step: N/A
MSC: NCLEX: N/A

11. Student A read the text and visualized how to make a bed. Student B went to the practice lab and practiced making a bed. Assuming each was using their preferred learning style, which statement is true about who will most likely pass the skill evaluation of bed-making?
- Student A will pass.
 - Student B will pass.
 - Students A and B are equally likely to pass.
 - Neither student A nor B will pass.

ANS: C

Because each individual thinks differently, each learns differently. If each learner uses his or her preferred learning style, each would be capable of learning the skill and performing to standard. Therefore, the two students are equally likely to pass the skill evaluation.

DIF: Cognitive Level: Analysis REF: p. 23 OBJ: 5
TOP: Learning style preferences KEY: Nursing Process Step: N/A
MSC: NCLEX: N/A

12. A patient who is a college student tells the nurse, "I have difficulty studying. I can't seem to get organized. I get distracted and often need to smoke to calm my nerves. Noise irritates me." The nurse concludes that the patient
- has below normal intelligence.
 - has lack of interest in the study topics.
 - is illiterate of course content.
 - has symptoms of attention deficit disorder.

ANS: D

The behaviors listed are among those identified as symptoms of attention deficit disorder (ADD). The other options reflect conclusions for which no data exist in the scenario given.

DIF: Cognitive Level: Application REF: p. 29 OBJ: 3
TOP: Adult ADD KEY: Nursing Process Step: Assessment (Data Collection)
MSC: NCLEX: Physiological Integrity

13. A college student tells the nurse, "I have difficulty studying. I can't seem to get organized. I get distracted and often need to smoke to calm my nerves. Noise irritates me." The intervention the nurse could suggest that would be of greatest benefit would be
- "Try using colored transparency film over the page when reading to help you focus."
 - "Study only at the time of day that you are most alert and rested."
 - "Use a tape recorder to play and replay lectures at bedtime."
 - "Always sit at a desk to read or study."

ANS: A

The color may help draw the learner's attention to the page and enhance ability to focus. Studying only at the time of day that you are most alert and rested and always sitting at a desk to read or study are useful but do not directly address the inability to focus. Use of a tape recorder to play and replay lectures would be most useful to an individual with an auditory learning style preference and does not address the inability to focus.

DIF: Cognitive Level: Analysis REF: p. 30 OBJ: 3
TOP: Adult ADD KEY: Nursing Process Step: Implementation
MSC: NCLEX: Physiological Integrity

14. The nurse could best describe an individual with attention deficit disorder (ADD) by stating that the individual
- has a lower-than-average IQ.
 - is able to organize and follow through without difficulty.
 - has an undependable memory and learning system.
 - is emotionally stable and attentive to tasks.

ANS: C

A major characteristic of ADD is an undependable memory and learning system. Most of the signs of ADD can be traced to these problems.

DIF: Cognitive Level: Application REF: p. 29 OBJ: 6
TOP: Adult ADD KEY: Nursing Process Step: Implementation
MSC: NCLEX: N/A

15. A person who learns best by saying, hearing, and seeing words is known as what type of learner?
- Spatial learner
 - Musical learner
 - Linguistic learner
 - Kinesthetic learner

ANS: C

A spatial learner learns best by visualizing, dreaming, working with colors and pictures, and studying diagrams, boxes, and special lists in the text. A musical learner learns best by humming, singing, or playing an instrument. A linguistic learner learns best by saying, hearing, and seeing words. A kinesthetic learner learns best by touching, moving, and processing knowledge through bodily sensations.

DIF: Cognitive Level: Comprehension REF: p. 24 OBJ: 4
TOP: Categories of multiple intelligences
KEY: Nursing Process Step: Assessment (Data Collection) MSC: NCLEX: N/A

16. A person who learns best by using an organized method that involves categorizing, classifying, and working with abstract patterns and relationships is known as what type of learner?
- Spatial learner
 - Musical learner
 - Linguistic learner
 - Logical/mathematical learner

ANS: D

A spatial learner learns best by visualizing, dreaming, working with colors and pictures, and studying diagrams, boxes, and special lists in the text. A musical learner learns best by humming, singing, or playing an instrument. A linguistic learner learns best by saying, hearing, and seeing words. A logical/mathematical learner learns best by using an organized method that involves categorizing, classifying, and working with abstract patterns and relationships.

DIF: Cognitive Level: Comprehension REF: p. 26 OBJ: 4
TOP: Categories of multiple intelligences
KEY: Nursing Process Step: Assessment (Data Collection) MSC: NCLEX: N/A

17. A student nurse is a bodily/kinesthetic learner. The student would learn best by
- moving around when studying.
 - taking notes when reading assigned chapters.
 - organizing a method of study that fits him or her personally.
 - making his or her own diagrams, boxes, or lists when they are unavailable in the book.

ANS: A

Bodily/kinesthetic learners learn best by touching, moving, and processing knowledge through bodily sensations. They are good at physical activities and crafts. They benefit by moving around when studying. Taking notes is an example of a linguistic learner. Organizing a personal method of study is an example of a logical/mathematical learner. Making diagrams, boxes, or lists is an example of a spatial learner.

DIF: Cognitive Level: Comprehension REF: p. 24 OBJ: 4
TOP: Categories of multiple intelligences
KEY: Nursing Process Step: Assessment (Data Collection) MSC: NCLEX: N/A

18. A student nurse is a linguistic learner. The student would learn best by
- moving around when studying.
 - taking notes when reading assigned chapters.

- c. organizing a method of study that fits him or her personally.
- d. making his or her own diagrams, boxes, or lists when they are unavailable.

ANS: B

Moving around when studying is an example of a bodily/kinesthetic learner. Taking notes when reading assigned chapters is an example of a linguistic learner. Linguistic learners learn best by saying, hearing, and seeing words. They are good at memorizing names, places, dates, and trivia. Taking notes when reading the text and reducing the number of words included in notes would benefit this type of learner. Organizing a personal method of study is an example of a logical/mathematical learner. Making diagrams, boxes, or lists are examples of a spatial learner.

DIF: Cognitive Level: Comprehension REF: p. 26 OBJ: 4
TOP: Categories of multiple intelligences
KEY: Nursing Process Step: Assessment (Data Collection) MSC: NCLEX: N/A

19. An African-American nursing student tells a classmate, "I think our nursing textbook is inadequate. When I read about assessing skin, they didn't mention anything about how to spot bruises or jaundice in a person of color." This is an example of
- a. the need to focus textbook content on the majority culture.
 - b. failure to use multicultural resources, leading to racial bias.
 - c. stereotyping, leading to devaluation of minorities.
 - d. seeking to allay racial tension by focusing on similarities.

ANS: B

Racial bias occurs when the reader is given a one-sided viewpoint based on majority culture norms. A lack of multicultural information in areas such as cultural differences and spiritual practices is an example of racial bias. There is no need to focus entirely on majority culture norms. Minority culture information should be included for balance. Stereotyping oversimplifies behaviors and traits of minorities. There is no indication that similarities are the focus.

DIF: Cognitive Level: Application REF: p. 30 OBJ: 7
TOP: Textbook racial bias KEY: Nursing Process Step: N/A
MSC: NCLEX: N/A

20. A nursing student receives a poor grade on a nursing examination. While reviewing the examination with the student, the instructor notes that the student reads aloud fluently but is unable to state in words what question the item is asking and cannot adequately summarize data presented in the item. These observations should lead the instructor to suspect
- a. low intelligence.
 - b. lack of interest in nursing.
 - c. inability to comprehend content.
 - d. a need to adopt a new learning style.

ANS: C

Between grades 4 and 8, students should learn to comprehend what is read. They should be able to weigh evidence provided in the paragraphs they read. They should be able to evaluate and make judgments about what is read. When the learner is unable to accomplish the tasks mentioned in the item, inability to comprehend what is read is usually the cause, not low intelligence, lack of interest, or need for a different learning style.

DIF: Cognitive Level: Application REF: p. 31 OBJ: 8
TOP: Inability to comprehend content
KEY: Nursing Process Step: Assessment (Data Collection)
MSC: NCLEX: Physiological Integrity

21. A characteristic of the right hemisphere of the cerebrum includes
- produces robotlike speech.
 - processes in sequence.
 - adds tone and inflection to the voice.
 - breaks down new information into segments.

ANS: C

Robotlike speech, processing in sequence, and breaking down new information into segments are characteristics of the left hemisphere of the cerebrum. Adding tone and inflection to the voice is the only option listed that is characteristic of the right hemisphere of the cerebrum.

DIF: Cognitive Level: Comprehension REF: p. 23 OBJ: 1
TOP: Hemispheres of the cerebrum KEY: Nursing Process Step: N/A
MSC: NCLEX: N/A

22. Primarily right-brained individuals tend to be
- intuitive.
 - rational.
 - objective.
 - analytical.

ANS: A

Rational, objective, and analytical approaches are characteristics of a left-brained individual. An intuitive person is considered a right-brained individual.

DIF: Cognitive Level: Comprehension REF: p. 23 OBJ: 5
TOP: Right-brained individuals KEY: Nursing Process Step: N/A
MSC: NCLEX: N/A

23. A person who learns best by humming, singing, or playing an instrument is known as what type of learner?
- Linguistic learner
 - Spatial learner
 - Musical learner
 - Interpersonal learner

ANS: C

A linguistic learner learns best by saying, hearing, and seeing words. A spatial learner learns best by visualizing, dreaming, working with colors and pictures, and studying diagrams, boxes, and special lists in the text. A musical learner learns best by humming, singing, or playing an instrument. An interpersonal learner learns best by sharing, comparing, cooperating, and interviewing.

DIF: Cognitive Level: Comprehension REF: p. 26 OBJ: 4
TOP: Categories of multiple intelligences
KEY: Nursing Process Step: Assessment (Data Collection) MSC: NCLEX: N/A

24. A person who learns best by visualizing, dreaming, working with colors and pictures, and studying diagrams, boxes, and special lists in the text is known as what type of learner?
- Spatial learner
 - Linguistic learner
 - Kinesthetic/tactual learner
 - Musical learner

ANS: A

A spatial learner learns best by visualizing, dreaming, working with colors and pictures, and studying diagrams, boxes, and special lists in the text. A linguistic learner learns best by saying, hearing, and seeing words. A kinesthetic/tactual learner learns best by touching, moving, and processing knowledge through bodily sensations. A musical learner learns best by humming, singing, or playing an instrument.

DIF: Cognitive Level: Comprehension REF: p. 26 OBJ: 4
TOP: Categories of multiple intelligences
KEY: Nursing Process Step: Assessment (Data Collection) MSC: NCLEX: N/A

25. Identify the learning strategy that requires true understanding of theory by a student.
- Using mental imagery
 - Listening actively
 - Note making
 - Memorization

ANS: A

Use of mental imagery requires the student to conceptualize the idea with the right side of the brain generating pictures of the idea and the left side of the brain supplying the explanatory script in the student's own words.

DIF: Cognitive Level: Comprehension REF: p. 29 OBJ: 1
TOP: Mental imagery KEY: Nursing Process Step: N/A
MSC: NCLEX: N/A

MULTIPLE RESPONSE

1. A learning style preference test identified a student as an interpersonal learner. Identify the strategies that would be most useful to this learner. (Select all that apply.)
- Review notes while walking on a treadmill or stationary bike.
 - Participate in a study group.
 - Study in an area that is neat and orderly.
 - Draw diagrams of study material.
 - Compare observations in conference.

ANS: B, E

Interpersonal learners, called *socializers*, learn best by sharing, comparing, cooperating, and interviewing; thus group activity is helpful. Reviewing notes while walking on a treadmill or stationary bike refers to a bodily/kinesthetic learner. Studying in an area that is neat and orderly is useful for logical/mathematical learners. Drawing diagrams of study material is a preferred method for spatial learners.

DIF: Cognitive Level: Application
TOP: Learning preferences
MSC: NCLEX: N/A

REF: p. 26 OBJ: 4
KEY: Nursing Process Step: Planning

2. Which of the following are intelligences identified by Gardner? (Select all that apply.)
- Spatial
 - Musical
 - Mathematical
 - Perceptual
 - Intrapersonal
 - Interpersonal
 - Kinesthetic
 - Linguistic

ANS: A, B, C, E, F, G, H

Gardner described what he termed “multiple intelligences” as being more accurate than the single measure of intelligence quotient with which most people are familiar. The seven identified intelligences include: linguistic, logical/mathematical, spatial, musical, bodily/kinesthetic, interpersonal, and intrapersonal.

DIF: Cognitive Level: Knowledge REF: p. 25 OBJ: 4
TOP: Categories of multiple intelligences
KEY: Nursing Process Step: Assessment (Data Collection) MSC: NCLEX: N/A

3. A patient tells a nurse, “I think I may have adult attention deficit disorder.” Which of the following data given by the patient would support this self-diagnosis? (Select all that apply.)
- “I have trouble getting things done on time. For example, I missed renewing my driver’s license.”
 - “I have trouble focusing if there are any distractions in my environment.”
 - “My daily life’s a mess. I can never seem to get everything done.”
 - “I’m even-tempered and rarely overreact or have mood swings.”
 - “I’ve worked the same job for 5 years and receive good evaluations.”

ANS: A, B, C

Distractibility, inability to stay focused on tasks, poor memory, poor organizational skills, and lack of follow-through are characteristics consistent with adult attention deficit disorder (ADD). Even-temperedness does not suggest ADD. The individual with ADD would be more likely to overreact to everyday situations and have a volatile temperament. Working the same job for 5 years with good evaluations is inconsistent with the characteristics of an individual diagnosed with ADD. The individual with ADD would be more likely to work for only a short time, have difficulty with supervisory relationships, and be seen as shirking work.

DIF: Cognitive Level: Analysis REF: p. 29 OBJ: 3
TOP: Signs of ADD
KEY: Nursing Process Step: Assessment (Data Collection)
MSC: NCLEX: Physiological Integrity

4. Which of the following are potential outcomes when using a nursing textbook lacking multicultural information? (Select all that apply.)
- Students from the nondominant culture may feel insignificant.
 - Readers may oversimplify cultural behaviors and traits of others.

- c. Readers may view patients from other cultures as unsophisticated.
- d. Open discussion of cultural differences is promoted.

ANS: A, B, C

Lack of multicultural information in textbooks leads to racial bias, exemplified by invisibility, stereotyping, and linguistic bias. Promotion of open discussion of cultural differences would indicate that racial bias has the effect of promoting racial tension by not providing opportunity to discuss various cultural practices.

DIF: Cognitive Level: Comprehension

REF: p. 30

OBJ: 7

TOP: Racial bias in textbooks

KEY: Nursing Process Step: N/A

MSC: NCLEX: N/A